

2012-2013 DelaWELL Health Screenings

Frequently Asked Questions (FAQs)

Q. Who can participate in the screenings?

A. All individuals over the age of 18 who are currently enrolled in a State of Delaware Group Health Plan (non- Medicare plan). Participation is completely voluntary.

Q. When are the screenings offered?

A. The 2012-2013 DelaWELL Health Screenings will take place from July 17, 2012 through November 16, 2012 AND January 7, 2013 through April 29, 2013. Appointments are available during work hours, as well as late afternoon/evening hours. Please continue to check the website for updates.

Q. What will the screening consist of?

A. Screenings include measurements for height/weight (Body Mass Index), blood pressure, total cholesterol, HDL, LDL, triglycerides and blood sugar (glucose) {your finger will be pricked to draw blood for the test}. The screening takes approximately 15 minutes. Each participant will receive an informational brochure with their personal health values and meet with an onsite counselor about the results. This is a great opportunity to evaluate your health risks and receive information on how to make positive changes to enhance your health and well-being!

Q. Why should I participate?

A. Health conditions like high blood pressure, high cholesterol and high blood glucose levels usually begin with no symptoms. When detected early, they are more treatable. The State of Delaware encourages you to know your numbers, so you can stay healthy, feel better and enjoy the best quality of life possible! Participating in a DelaWELL Health Screening is one of the requirements for the \$100 or \$200 DelaWELL Reward.

Q. How do I sign-up for a health screening appointment?

A. To register for a Health Screening appointment, please visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. Once logged in, click on the "Appointment Registration" link located on the left menu under Health Screenings.

Q. Will the test cost anything?

A. No, this test is provided at no additional cost as part of your health care benefits.

Q. Who actually performs the screening and how will my privacy be protected?

A. The free, confidential onsite screening is being done by Summit Health, Alere's chosen provider of comprehensive wellness and health screening programs. The State of Delaware has partnered with Alere to provide these services to you. Any Personal Health Information (PHI) gathered during the screening is protected by federal and state privacy laws including the Health Insurance Portability and Accountability Act (HIPAA). Only aggregate data will be shared with the State of Delaware.

Q. Is fasting required?

A. Fasting for the test is your choice. It is strongly recommended (if your schedule and other commitments permit), because fasting is required to obtain your triglycerides and LDL (bad cholesterol). FASTING means no food or drink except water for 9 hours before the

test. **Please note that you are encouraged to participate in the screening even if you eat something and are unable to fast.** If you go ahead with the non fasting screening, just make sure you tell the examiner that you did not fast for the 9 hours. The examiner will use a non fasting test in this case. Your results will include total cholesterol, HDL, ratio of total cholesterol/HDL and blood sugar (glucose). You **will not** receive triglyceride and LDL results as these values are affected by fasting. **For either screening, please make sure you take all your medications as prescribed by your doctor. Please be sure to drink water before your appointment, as a low hydration level can affect the testing**

Q. Who is eligible for the DelaWELL Rewards?

A. Those eligible for the DelaWELL Rewards include all benefit eligible state agency, school district, charter school and higher education employees, as well as state non-Medicare eligible pensioners, who are currently enrolled in a State of Delaware Group Health Plan. **Spouses, dependents and participating group members (with the exception of University of Delaware and Delaware Transit Corporation employees) are not eligible for the DelaWELL Rewards.**

Q. How does participation in the Health Screening affect my DelaWELL Reward?

A. Participating in a DelaWELL Health Screening is one of the requirements for the \$100 or \$200 DelaWELL Reward.

Q. What are the next steps after I attend my DelaWELL Health Screening appointment?

A. The next step is to complete your confidential online **Wellness Assessment (Available July 1, 2012 through May 31, 2013 on the DelaWELL Health Portal- <https://delawell.alerehealth.com>)**. To receive the most comprehensive report and recommendations, include your recent health screening values. You can enter these directly from the sheet provided at your DelaWELL Health Screening OR wait about four weeks after your screening event for your screening values to be automatically included in your assessment for you. If you want your values loaded for you, do not click "Finish" on your assessment until after your values are included. The Wellness Assessment is a questionnaire about your health habits and can be completed online in about 15-20 minutes. As soon as you finish, you will get your Wellness Score and personalized report. The results will help you identify your health risk areas and give you practical suggestions for improving your health and reducing your risk for illness and injury. **The activity point for your completed health screening will show up on your health portal page about four weeks (20-25 business days) after your screening event.**

The DelaWELL program has many options to fit your individual needs and health goals, including healthy living programs, health coaching programs, condition care programs, Weight Watchers programs, onsite health seminars, wellness challenges, online seminars and more.

Q. When will the activity point show up on my health portal page for completing the DelaWELL Health Screening?

A. The activity point for your completed health screening will show up on your health portal page about four weeks (20-25 business days) after your screening event.